

# Bridlington Gymnastics Club Newsletter

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Gym Club Mobile - 07872 479551

## Gymnastics Birthday's

Happy birthday to everyone

## Gymnast of the Month

April - Jodie Beasley

## New Moves Achieved

### **BIRANI**

Alex and Joseph Kynman      Lillie-May Emmerson

Leanne Holdsworth      Kim Martin

### **BEAM CARTWHEEL**

Lillie-May Emmerson

### **BEAM BACKWALK OVER**

Sam Abbott      Leanne Holdsworth

Emily Tweddle      Elise Grimson

### **BEAM FORWARD ROLL**

Ella Sprank

### **SQUAT ON JUMP TO TOP BAR**

Jasmine and Sophie Clough      Amy Jean Barber

Kizzy Haynes-Thomas      Hannah Lambert

Elise Thompson

### **BACK HIP CIRCLE**

Amy Conroy

### **BACKWALK OVER**

Jessica Martin

### **ROUND OFF FLIC**

Alex Metcalfe

### **BABY GIANT**

Cerys Jones

## General News

The club is very pleased to report that the first half of this year under the new coaching regime is proving very successful. This has been reflected in the children's attitudes and behaviour in gym sessions. The coaches are very pleased and would like to thank the children for their hard work and determination in learning new moves and techniques.

## New General Classes

New general classes to start shortly due to popular demand, names already on the waiting list will be contacted shortly and a place offered on a first come first served basis.

If you know of anyone else wanting to join the club please ask them to contact the club.

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## General Competition

Sunday 24<sup>th</sup> July 2011 all general class invited to take part.

## Gymnasts Clothing

New Bridlington Gymnastics Club leotards and tracksuits are available to buy from the office. Good quality 2<sup>nd</sup> hand clothing for sale on the rail outside the office. Please speak to Linda or Laura to purchase.

## Reminder

Long hair must be tied up, please clip long fringes away from eyes for safety. Only leotards/ shorts and swimming costumes made from lycra/velour should be worn to gym. No t-shirts or denim, these are not suitable. You may have to miss parts or all of the session if wearing the wrong clothing for safety reasons.

## Bags 2 School

We have another collection on 27<sup>th</sup> Sept; you can start bringing in any unwanted clothing, bags, shoes etc now which we can put in our store room. Bags available if needed ask Laura or at the office.

## Training Opportunities

We are always looking for volunteers, qualified coaches or anyone who is interested in training to become a gymnastics coach. If you know anyone from 16years + who is interested; please give them the gym club mobile number.

Alternatively please speak to Rae for more details.

All applicants will be CRB checked and cleared.

## Michelle Hatton School of Dance Show

Children must attend rehearsals which are on Fridays 6-8pm. The show rehearsals at the spa will be on 29<sup>th</sup> & 30<sup>th</sup> June there will be no gym sessions that week. The show performances are on 1<sup>st</sup> & 2<sup>nd</sup> July 2011. Tickets are now on sale at the spa box office.

## Welfare Officer

If parents would like to see their own child's competition performance results, please speak to the Welfare Officer John; alternatively speak to the head coach Rae.

John Brockbank - 07825 120675

## Any fundraising ideas??

Please tell a coach or pop it in the suggestion box.